



Profitable Star Gazing



*Mrs Chester Adams
most cordially invites her friends
to bring to her their Social
Problems and Difficulties
by letter at any time*

tion in a soft line that will hide without swathing the neck. Fasten in back with a flap, and you are armed against critical observers.

Indeed, some women have gone so far as to cover their neck and shoulders with a thin net in a shade a bit lighter

than the flesh and drawn smoothly, yet not overly tight, over it. These "hallucinations" give the effect of beauty without the trouble of procuring it.

But much the more sensible way is to make the "throat beautiful" permanent and real.

ON SOCIAL CUSTOMS

ence on others around him. No one has a right to annoy others and then plead as lack of thought. Every person has rights that must be respected. If a neighbor in no other way can there be social harmony.

The law has taken some points into its own hands. A barking dog and an annoying boy are now, in most places, legally restrained to keep the peace. But there are still culprits and disturbers of the peace that should be checked in their thoughtless careers.

Are you one of the forgetful ones? Do you talk at the top of your voice at all hours and in all places? Do you push others in the crowd? Do you drum on the window pane in a car? Do not make the mistake of thinking that only one instance is met in a day.

I know of one woman who made her first trip into the country after a complete nervous breakdown. She had been driven to the very borders of a physical wreck. Later on, when she was able to recall that trip, she said that the one thing that was a nightmare of annoyances." A little boy drummed at her back; a man rattled a newspaper with maddening frequency, and finally yelled it up to beat a tattoo on the glass. Two young girls chattered and giggled so that she strained to hear and one woman insisted upon conversing with her about ill health. It took one week to place her weary traveler back in her fair condition. The people didn't think.

who are selfishly centered and who see nothing beyond their own little circles. Let me urge you to a careful self-examination. If you have any annoying habits, begin now to correct them. Help to decrease the appalling number of little annoyances that exist in everyday life.

SOLUTIONS TO SOCIAL PROBLEMS

Fans

DEAR Mrs. Adams:

Please tell me the proper way fans are carried or worn at formal gatherings.

AN UNPRACTICED READER:

Sometimes the fan is worn on a chain, and then again it is merely carried in the hand.

The Correct Dress

DEAR Mrs. Adams:

Kindly advise me as to the correct dress, hat, shoes, etc., for a woman who rides horseback.

The most sensible outfit is of rough woollen goods, the skirt divided if you ride astride, saddle-bag otherwise, with no superfluous material. The coat should be strictly mannish in cut, that is, cut away at the lower edge in rear. Wear either the plique or linen stock collar, with a plain plain, the most suitable style to wear, with a shirtwaist underneath the coat. The derby hat for women is now low crowned and has quite a

Fans

DEAR Mrs. Adams,
Please tell me the proper way fans
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ings. AN INTERESTED READER.
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The Correct Dress

Dear Mrs. Adams.

Kindly inform me as to the correct dress, hair, shoes, etc., for a woman who rides horseback.

The most sensible outfit is of rough woolen goods, the skirt divided if you ride astride, saddle-back otherwise, with no superfluous material. The coat should be strictly mannish in cut, that is, cut away at the lower edge in rounded lines. The pique or fine striped cloth, with a plain pin, is the most suitable style to wear, with a shirtwaist underneath the coat. The derby hat for women is now low crowned and has quite a

Dear Mrs. Adams:

1. When you tell me where I could get a book on etiquette?

2. Several of my boy friends have asked me to take them to a theater on Friday night. I do not like to mention the affair to them again, but they never state the night, and I am young neither to go nor to refuse some social affair and upon returning he goes into the house with her, when should I tell him? Should I not tell him to go to call again?

DREAMY EYES.

3. I cannot mention the name of establishment, but I can tell them where to have collection of books on etiquette from which you could make a suggestion.

4. Do not remind them of their suggestion, but let them make a specific engagement.

5. When he is leaving her she may thank him. She may say she should have been better behaved.

Writing Paper

Dear Mrs. Adams,

I have received a box of beautiful writing paper with a neat floral design on the front page of each sheet, and also on the back of the envelope. Will you please tell me if it is proper to use it for ordinary correspondence?

S. S. S.

Yes, it may be used for personal correspondence.

Dear Mrs. Adams:

I am almost 15 years of age. My parents both work and I have to stay at home. I am really lonesome and I wish I could go to school and play with my friends. I am. Will you kindly send me the rules for the contest? I would like to win a prize for free and what would be nice to serve for refreshments on the afternoon we meet?

Where can I send for time for the contest?

A. B. S.

First of all, a temporary president should be elected. Then a committee should be appointed to prepare the agenda for the meeting. Then a permanent president, secretary and treasurer should be selected and each one assigned a duty. The time for the contest should be determined by the circumstances of the club, each one being allowed to vote. Ask a jeweler for a catalog from which you can select the prizes. Chocolate and crackers or tea and sandwiches, may be served for refreshment.

Acknowledging Gifts

Dear Mrs. Adama.
Will you please tell me how soon after a gift is received a note of thanks for a

DEAR Mrs. Symes: I am 21 years of age, but my bust is small. Will you please tell me what to do to enlarge it? I would prefer to use nothing internally, although would do so if necessary.

My hair is falling out rapidly and is thin and brittle. Will you please tell me how to prevent further loss and to make the hair grow heavier without injury to the hair or scalp? I have used cod liver oil, but it does not seem to "grow." It is rather oily and is hard to dress.

My nerves are very bad most of the time. What could I do to relieve it?

Very truly yours,
J. H. READER.

It is not necessary for you to take anything internally. Daily massage with cod liver oil and practicing deep breathing will bring about the desired result.

Here is the recipe for an excellent tonic, which I urge you to rub into the scalp and hair. It will stimulate the hair along it will take to produce a new growth, but faithful attention will bring

Quinine Hair Tonic

Sulphate of quinine.....	1 dram
Rosewater.....	8 ounces
Diluted sulphuric acid.....	15 minims
Rectified spirits.....	2 ounces

Mix, then further add: Glycerin, $\frac{1}{4}$ ounce; castor oil, 2 ounces; essence of lemon, 5 or 6 minims. Agitate until solution is complete. Apply to the roots every day.

Diseases of the mouth and stomach, degenerated teeth, tartar and the abuse of stimulants are the causes of a bad breath, and it is quite probable that the cause be cured before the breath will become sweet. Find out whether you need to visit the physician or the

Dear Mrs. Symes.
My nose is very broad, not by nature, but has become so itself. Is it good to squeeze it between the fingers? What can I do to bring it to its normal shape?
What do you advise me to do to reduce the hips?
How can I remove blackheads?
VERY ANXIOUS.
Gently squeezing and massaging the nose may restore its normal shape.
Here are several exercises that will reduce the hips:

1. Bring the knee up to the chest, remaining perfectly erect. Practice in alternate movements.
2. Place hands on hips, shoulders well back. Raise the leg with knee flexed, bring the foot high, quick side kick, bringing the foot back again to the floor. Repeat ten times, first with the right foot, then with the left.
3. Take standing position, hands on hips, and rotate the hips, bending the knees, keeping the chest and shoulders immovable. Contract the buttocks muscles used in this exercise and resist. Bending exercises also are good.

Following is the recipe for a black-

Disinfectant of green soap..... 3 ounces
 Distilled witch hazel..... 3 ounces
 Let this mixture stay on only
 moments; then wash off with hot water.
 If the green soap irritates the skin, as
 it sometimes will, use it every, other
 day. Apply a cold cream.
 Green soap may be purchased at any
 drug store. It is not a regular "make
 soap," but it is about the consistency of
 custard.
 Open each seed acorn with the point of
 a fine cambric needle. The hardened

carbolic acid and water. Sterilize the needle before using it by dipping into boiling water, as the use of any instrument, unless the skin as well as the needle is thoroughly cleansed, is always dangerous.

To Darken the Hair
 Dear Mrs. Symes,
 Will you kindly tell me if the inclosed
 recipe will darken the hair? Mine is turn-
 ing gray.
 ANXIOUS READER.
 Yes, the recipe is good for the pur-
 pose.

Dear Mrs. Symes.
My hands are very soft, but the veins are always so noticeable. What can I do to prevent this?
The skin on my face is very rough. How can I make it smooth?
What will make the bust large? I am 17 and am not fully developed. READER.

Your skin is evidently very transparent. I advise you to massage your hands daily with a good cold cream. To have smooth skin one should be very careful of the soap she uses. Buy the best and purest. It is also necessary to thoroughly rinse all traces of the soap from the skin, for if it is not washed off, the skin will dry and crack. Before retiring apply a lotion made of rosewater, glycerin and benzoin. I do not advise one of your age to do anything to develop her bust. Nature should be given a chance to work unhampered.

Dear Mrs. Smyes.

Your skin is oily and full of pimples. Kindly get up early in the morning and wash your face with cold water, and then apply the following:

What will reduce the size of the nose
If it has lately become large? X. Y. Z.

Before retiring cleanse your face with hot water and a pure soap. Rinse and dry the skin and then apply the following, for which here is the recipe:

Boric acid.....	1 dram
Distilled water.....	4 ounces
Rosewater.....	2 ounces

To avoid pimples you should not eat rich and greasy foods.

First find out what caused the enlargement of the nose and then find a physician to advise you to consult a physician about this matter.

Pimples and Dark Skin

Dear Mrs. Symes:

I am 17 years old and weigh 150 pounds. I am 5 feet 11 inches tall. Do you think I weigh much?

My skin is very dark; will peroxide make it lighter? Will gradual use of peroxide make the pimples disappear? Will it do anything that will make the pores in the face?

LITA C.

You weigh about twenty pounds too much. I can suggest that you exercise freely.

If your skin is naturally dark, nothing can be done to whiten it. If your skin is naturally fair, the face cream with a buttermilk. Too constant use of peroxide may make the skin dry. The face cream will gradually disappear, but to heal the spot apply witch hazel.

The daily application of the lotion for which I am giving you the recipe will improve the condition of the skin.

Lotion for Enlarged Pores

Strained acid	1 dram
Distilled witch hazel	4 ounces

Lotion for Enlarged Pores

boric acid	1 dram
Distilled witch hazel.....	4 ounces